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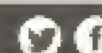
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Your essential daily news | WEEKEND, SEPTEMBER 9-11, 2016

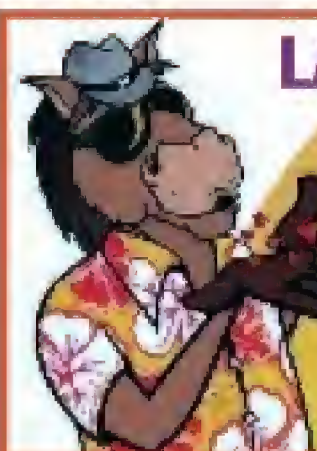
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'Everyone is still human': help for isolated prison families

RIDESHARE

Volunteers at Bar None have provided about 200 free rides



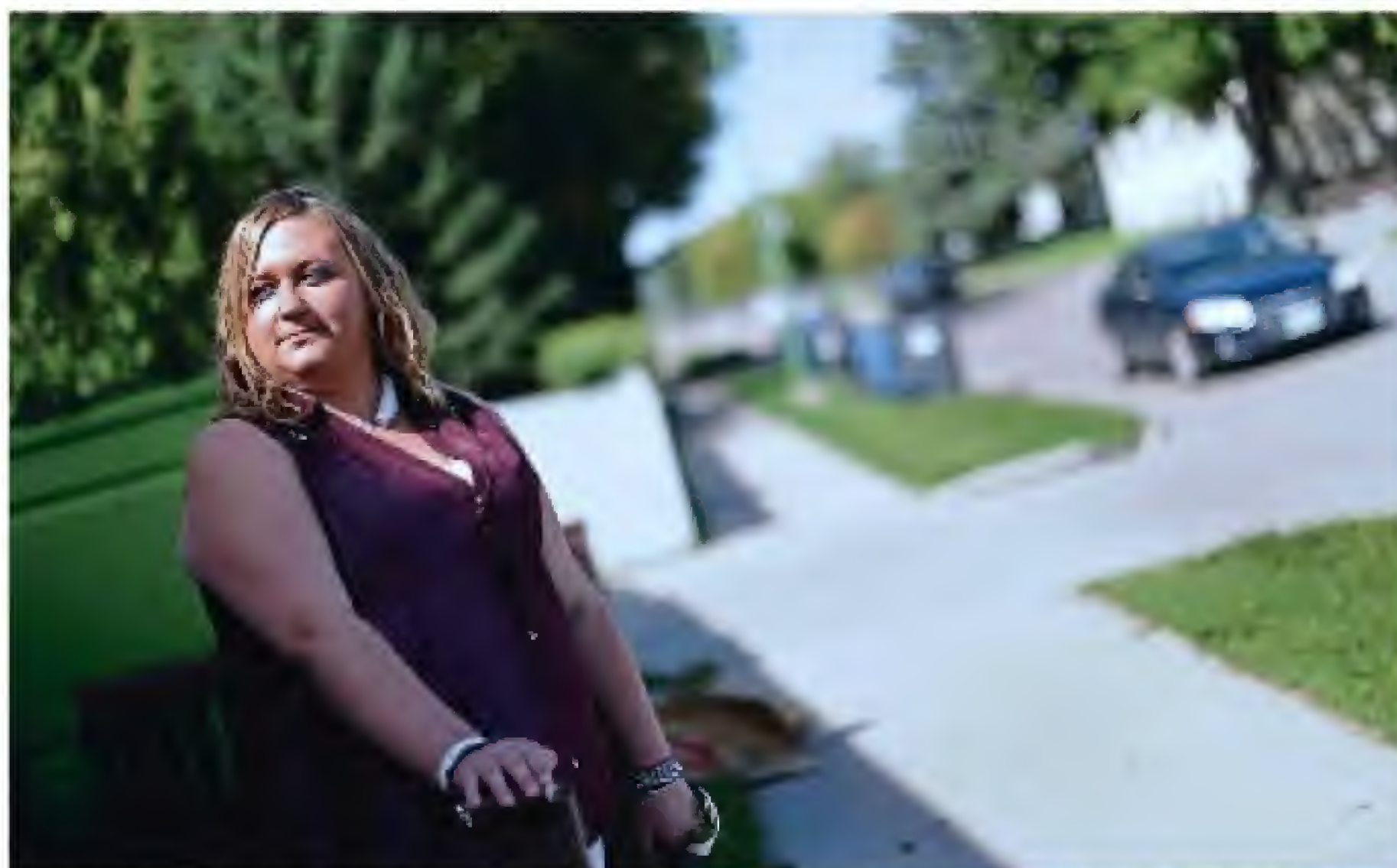
Matt Kieltyka
Metro | Winnipeg

A one-of-its-kind rideshare in Winnipeg is helping break families out of the life-shattering isolation that comes with a prison sentence.

Bar None launched its prison rideshare program a year ago, and 45 volunteers have since provided around 200 free rides to-and-from remote prisons for people who otherwise wouldn't have any other way to visit incarcerated loved ones.

Bronwyn Dobchuk-Land, Bar None collective member and professor of criminal justice at the University of Winnipeg, said prison terms — especially among low-income and indigenous populations that are overrepresented in the correctional system — often do more damage than good to family relationships and community reintegration simply because family members and friends can't see them.

Poverty, no access to vehicles and a lack of public transportation to correctional centres



Marlena Minkus-Beauchamp uses the program to visit her high school friend at Milner Ridge correctional facility, which is an hour away from Winnipeg. LYLE STAFFORD/FOR METRO

located out of town can add up to feel like a sentence for a prisoner's family, too.

"Prison is deliberately an isolating place. For a family it also represents a loss of income, can jeopardize housing and make everything more

difficult," she said.

"When I raise the issue with my family members they realize there is this whole population of Winnipeg disconnected from their families. I would say that's unjust."

Marlena Minkus-Beau-

champ, a 25-year-old Metis resident of our city's north end, has been using the program for the past six months to visit her high school friend, Shawn, at Milner Ridge correctional facility.

The drive takes an hour and

she wouldn't have visited even once without the Bar None program.

"I don't have a vehicle nor do I know anyone who has one and there's no bus," said Minkus-Beauchamp. "He's still a good guy. Everyone is still

human. The visits have been really important for him, it gives him something to look forward to."

Graham Stewart, 33, volunteers to drive people to prison visits once or twice a month — and has braved the occasional blizzard — because he knows how difficult it can be for families to get there on their own.

"(Prison) disproportionately affects people who experience poverty and are least likely to own a vehicle," he said. "So the only option would be a cab and that would be incredibly expensive."

Dobchuk-Land said Bar None is always looking for volunteers.

Nothing more is required other than a valid drivers license and a willingness to drive. Even volunteers without a vehicle are welcome, as Bar None members often lend their vehicles out for trips to the jails.

"We know we don't access the vast majority of people (who could use rides)," she said of the demand.

+ RIDES

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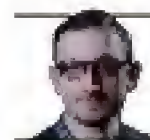
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HUDSON'S BAY

Crisis line being extended to concerned family and friends

MENTAL HEALTH

Suicide call centre, website offer help to all those affected



Matt Kieltka
Metro | Winnipeg

Manitoba health providers are extending a hand to friends and family members of those struggling with suicide.

Until now, Klinik Community Health Centre's '24/7 Manitoba Suicide Line' has offered its crisis intervention

exclusively to people at risk of suicide.

But since its launch in 2006, counsellors have realized that the approximately 3,300 callers who use the line annually are not the only ones in need of help.

On Friday, the service will be rebranded as the 'Manitoba Suicide Prevention and Support Line' to recognize the impact of suicide extends beyond a single individual and can linger long after an attempt.

"We know that both suicide deaths and attempts have a huge ripple effect," said Janet Smith, Klinik's suicide prevention co-ordinator. "There's

still somewhat of a stigma around it. It's really important that we talk about this and that people have access to help. We're expanding to include support to someone who is concerned about someone they know and to those who have lost a loved one to suicide."

Smith explained it's important that anyone confronting suicide has a place they can speak about their concerns without judgment.

After a death, Smith said, the grief often associated with suicide is complicated and may require specialized help and programming.

That's why the line is now

available to grieving family and friends.

The hardest step people in either situation face is often knowing where to find help, she added.

"We can be there as anonymous support, help them explain what is happening and normalize the feelings a lot of people are having," said Smith.

Intervention workers field-

ing calls can also help connect people with other services and conduct follow-ups to check in with callers.

The relaunch — coinciding with World Suicide Prevention Day on Saturday — also extends to Klinik's suicide prevention and support online portal, reasonstolive.ca.

Smith said the website has been redesigned to be more service-oriented than before.



We can be there as anonymous support, help them explain what is happening and normalize the feelings a lot of people are having.

Janet Smith



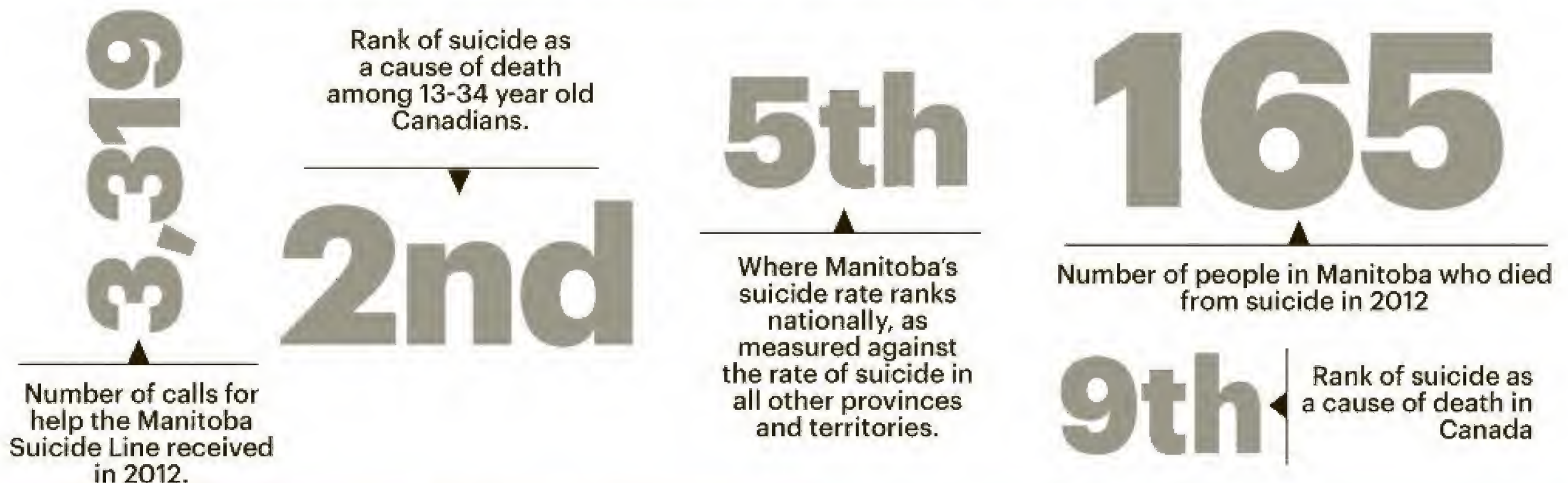
HOW TO MAKE A DIFFERENCE

Where to get help

HERE'S THE DIRECT LINE
Anyone struggling with suicidal thoughts, concerned about a friend, family member or co-worker or who has been affected by a suicide loss or attempt and needs help can call 1-877-435-7170.

BY THE NUMBERS

These statistics suggest there is a suicide crisis, particularly among young people in Manitoba.



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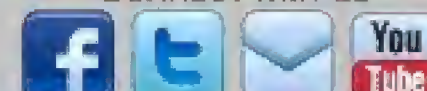


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THINGS TO DO IN THE CITY THIS WEEKEND

With the weather predicted to reach highs of 20 C with mostly sunny skies, you should spend one of the last weekends of summer outside. That should be easy considering there is no shortage of festival happenings over the next three days, plus one big football game.



Stephanie Taylor
Metro | Winnipeg



THE CANADIAN PRESS

1 Banjo Bowl

The battle is on against our neighbours to the west with the Winnipeg Blue Bombers taking on the Saskatchewan Roughriders at Investors Group Field on Saturday. The pressure is mounting for the Blue and Gold to leave the field victorious after a nail-biting win over the Riders at the Labour Day Classic last weekend. Kickoff time is 3 p.m. Tickets are sold out, but fans should fire up the barbecue, don some blue and gold swag and watch the game at home or neighbourhood bar. Backyard tailgate, anyone?



THE CANADIAN PRESS

2 Tegan and Sara

These songstresses of pop will perform at the Centennial Concert Hall Saturday. The sisterly duo from Calgary have been making music for nearly two decades, with their latest albums catapulting the gals from the cult indie scene onto mainstream airwaves. Tegan and Sara are touring their eighth studio album, Love You To Death. Tickets are \$25-\$45. The show starts at 7:30 p.m.

3 Summer Lights Music Festival

Hop in the car and take a ride down to Brandon this Saturday to check out the inaugural Summer Lights Music Festival. Shows are happening at the Keystone Centre Grounds, and include performances by the Crooked Brothers, Begonia, Said The Whale and Nova Scotia-born Dartmouth rocker Joel Plaskett. Shows start at noon and last until 1 a.m. Camping is also free. Tickets are \$15 for students and minors in advance and \$20 at the gate. It's \$25 for everyone else.



JEFF HARPER/METRO



CONTRIBUTED

4 Sherbrook Street Festival

Those in West Broadway and Wolseley should head down to Sherbrook Street and take in the neighbourhood's annual street party on Saturday. There'll be plenty of handmade wares to peruse and two stages of music, plus family-friendly activities. Besides a beer garden, people can grab a seat on the sidewalk patio at Cousins or head inside The Handsome Daughter next door. The event is happening on Sherbrook Street between Wolseley and Westminster. Festival hours are noon to midnight.

5 Manyfest

Downtown Winnipeg's largest street festival is taking over Broadway for the sixth year in a row starting on Friday. Organized by the Downtown BIZ, the three-day event is expected to draw upwards of 60,000 visitors, who will be able to choose from pretty much anything to do. There will be two stages featuring local music and entertainment, a wine and beer garden, street performances, a race and even sandboxes and bouncy castles for kids. The festival runs Friday and Saturday from 11 a.m. to 11 p.m. and until 6 p.m. on Sunday.



MEG CRANE/ FOR METRO

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City identifies pipeline route 'concerns'

ENERGY EAST

Report on the project risks due next year



Stephanie Taylor
Metro | Winnipeg

A senior administrator confirmed Thursday there is a real threat of an oil spill from a pro-

posed pipeline near Winnipeg's source of drinking water.

Geoff Patton said a consultant hired by city hall to conduct a risk assessment of having a pipeline constructed by the Shoal Lake aqueduct has identified some "high level concerns."

"The pipeline does cross our infrastructure," he told reporters on Thursday. "If contaminants get into the water supply, the Shoal Lake aqueduct is our only supply for the City of

Winnipeg."

The pipeline is Energy East — a project proposed by TransCanada that, if approved, would carry Crude Oil from Alberta to New Brunswick.

Currently, the pipeline's route is designed to cross the aqueduct at Shoal Lake, near the Manitoba-Ontario border.

Patton expects the consultant's report to be finished in 2017.

But in a previous interview

with Metro, chief operating officer Michael Jack said he expected some of the consultant's findings to be presented to council before the city participated in a series of panel sessions with the National Energy Board at the end of October.

Patton said the city would also need to develop a mitigation strategy and create a monitoring program, which is currently not in any capital budget.



Protestors block traffic at Portage and Main as part of a rally against the Energy East pipeline project. STEPHANIE TAYLOR/METRO

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TASK FORCE

Province says 'no' to rail relocation study

Manitoba's Progressive Conservative government has put the brakes on any plans to study moving the rail yards out of Winnipeg.

The province released its announcement on Thursday after premier Brian Pallister refused to commit on proceeding with a rail relocation task force that was announced by the former NDP government.

A statement by Indigenous and Municipal Relations Minister Eileen Clarke criticized the former government's decision to announce the task force before the pre-election blackout period.

"Unfortunately, the NDP's

practice of saying yes to everything over more than a decade has left Manitobans with massive debt and ever-increasing taxes," the statement read.

"Manitoba's new government was elected on a mandate to fix the provinces finances, and therefore we will not be proceeding with the task force."

Former Quebec premier Jean Charest had been announced to lead the task force, but Clarke's statement said he's since been informed of the government's new decision.

"No costs have been incurred by the government of Manitoba." STEPHANIE TAYLOR/METRO

CAMPAIGN

Workers willing to take risks on the job: Survey

A new Safe Work Manitoba campaign is highlighting why some young workers may be willing to put job performance over safety. Safe Work Manitoba did interviews with 40 job seekers and secretly recorded them.

Jamie Hall of Safe Work

Manitoba said the results of the project were chilling: a lot of young workers are willing to take risks to get a bigger paycheck.

He said about 5,000 young workers between 15 and 24 get hurt on the job each year, and he hopes this campaign helps reduce the number of injuries.

THE CANADIAN PRESS



Manitoba Public Insurance

Bombers brace for high-stakes Banjo Bowl

FOOTBALL

'There's an air of optimism': Defensive back Maurice Leggett



Stephanie Taylor
Metro | Winnipeg

Maurice Leggett can feel his heart pound just thinking ahead to Saturday's game.

The Bombers' defensive back says the next day-and-a-half before the team takes on the Saskatchewan Roughriders for round two of their annual Labour Day Classic-Banjo Bowl rivalry will be one of mental preparation.

Not only will a sold-out Investors Group Field be packed with 33,500 fans, the pressure on the shoulders of the Blue and Gold's players will be heavy after last weekend's nail-biting win against the Riders.

It's a victory that places the



Winnipeg Blue Bombers quarterback Matt Nichols looks for a receiver during first half Labour Day CFL action in Regina on Sunday. MARK TAYLOR / THE CANADIAN PRESS

Bombers on a five-game winning streak and has fans buzzing with an almost unrecognizable sense of home team pride.

"You can't even imagine how it's going to feel Saturday because the run we're going on right now," Leggett said Thursday.

"You can't wait. You can't even describe it. You're just lost for words. My heart is racing now just thinking about it."

If the stakes weren't high enough, a win this weekend would make history for a team that hasn't won the Labour Day

Classic and Banjo Bowl back-to-back since 2004.

But for Leggett, Saturday will also offer the team's defensive line a chance at redemption.

Last weekend's game in Regina saw the Bombers' halftime lead of 16-3 shrink to a win of 28-25.

"We didn't play our best, so we're ready to redeem ourselves as a defence and just all around team," he said.

Jon Dueck, general manager of The Shark Club, adds the team's victories this season have certainly been good for business.

"At the end of the day people's spirits are high and they're hopeful. I'm sure in the past they've bit a little cynical about how the Bombers would do, but you can definitely tell there's an air of optimism."

Despite fans' hope and the team's successful ride, Leggett said his focus for this weekend's game is to treat it like any other day of football.

"You just have to teach yourself to calm down and not let it get too big."

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Search for lost fishermen continues

TRAGEDY

Four men were onboard vessel capsized off N.L. coast

Walking the floor boards with worry and praying for a miracle: it's a sadly repeated ritual in Newfoundland where the sea gives life and, just as swiftly, takes it away.

"We live that life and that's who we are," said Johanna Ryan Guy, as the search for two of four men who went missing from a capsized fishing boat continued Thursday near St. John's.

Bodies of the other two men were recovered after the seven-metre craft was reported overturned Tuesday night near Cape Spear. All were from the close community of Shea Heights, where grieving residents say it's beyond tragic that three generations of one family were on that boat.

A team of investigators with the Transportation Safety Board (TSB) is now looking into the deadly incident.

As in all maritime communities, dangers in the waters off

Newfoundland are real and unpredictable.

"These are the risks that we take every other day," said Ryan Guy. "It never lessens anything that happens. It really, really doesn't."

"We're so close-knit, and thank God for that, because the community of Shea Heights — just like the community of St. Brendan's — will hold it together. They will, as best they can."

“

This could have been anybody in Newfoundland.

Ryan Guy

Her two brothers, Joe and Dave Ryan, died Sept. 19, 2004 when their almost 20-metre fishing vessel Ryan's Commander capsized after slamming into rocks near Cape Bonaville in eastern Newfoundland.

Tuesday marked the 12th anniversary of their last departure from home in nearby St. Brendan's before their final trip ended in disaster.

The TSB found the vessel's stability was affected by a flawed

design, creating problems that weren't fully understood by the owners, its builders or Transport Canada.

Accidents happen quickly and often without warning, said Ryan Guy, whose heart goes out to the loved ones of the men lost this week.

"We all feel for the family. I know people felt for us as well," she said. "This could have been anybody in Newfoundland."

Fish, Food and Allied Workers-Union, the union representing harvesters and plant workers in the province, offered its condolences in a statement Thursday.

"This latest tragedy is a heart-breaking reminder of how dangerous the profession of fishing is and how unforgiving the sea from which so many earn their living can be."

The TSB, in its recent report into three crab fishing deaths in 2015 on Placentia Bay, said there were 189 deaths involving commercial fishing vessels between 2000 and 2015 in Canada — 31 of them in Newfoundland and Labrador alone.

"The number of accidents involving loss of life on fishing vessels remains too high," it said.

THE CANADIAN PRESS



The Coast Guard continue to search the rocky shoreline of Cape Spear, N.L., for two missing fishermen from Shea Heights, a small community on the outskirts of St. John's. PAUL DALY/THE CANADIAN PRESS

BILL C-51

Grits seek input on terror law

The Liberal government's promised changes to a controversial anti-terrorism law likely won't come until next year, once officials have digested an array of public suggestions on revamping national security measures.

The government opened an online consultation Thursday, soliciting feedback on everything from sharing information and preventing attacks to conducting surveillance and ensuring intelligence agencies are accountable.

The consultation, which can be found at canada.ca/national-security-consultation, runs until Dec. 1.

Public Safety Minister Ralph Goodale told a news conference in Edmonton the government also hopes House of Commons and Senate committees will hold public hearings on the national security framework.

It means any legislation flowing from these reviews would not be tabled until December at the earliest and

more likely in late winter or spring 2017.

In the 2015 election campaign, the Liberals promised to repeal "problematic elements" of omnibus security legislation, known as Bill C-51, ushered in by the previous Conservative government.

The bill gave the Canadian Security Intelligence Service explicit powers to disrupt terrorist threats and not just gather information about them.

THE CANADIAN PRESS

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Liberals stump for peacekeeping plan

MILITARY

Opposition says UN has shown itself unable to run missions

Battle lines are being drawn between Liberals and Conservatives as the government prepares to deploy hundreds of Canadian troops to an as-yet-unannounced United Nations peacekeeping mission in Africa.

The pending clash, which is breaking along ideological lines, was previewed Thursday and is expected to figure prominently when the House of Commons returns from its summer break later this month.

At a peacekeeping summit in London, Defence Minister Harjit Sajjan affirmed the government's plan to make up to 600 soldiers and 150 police officers available for peace operations. The government will also

spend \$450 million on peace support projects, and will host a similar peacekeeping summit next year.

"Supporting and encouraging peace is certainly part of what it means to be Canada," Sajjan told counterparts from around the world.

But even as Sajjan was touting the return of Canadian blue berets, Conservative defence critics James Bezan and Pierre Paul-Hus were in Ottawa taking shots at the UN's record on peacekeeping, and the Liberal government's motives for pursuing such a mission.

Raising the spectre of peacekeeping failures including Rwanda and Bosnia, which many Canadians still remember, the Tories said the UN hasn't proven itself capable of managing peacekeeping missions.

Instead, Bezan held up Canada's participation in the U.S.-led war against Daesh as an example of a proper military mission. THE CANADIAN PRESS



Minister of National Defence Harjit Sajjan speaks during the UN Peacekeeping Defence Ministerial meeting at Lancaster House, in London, on Thursday. STEFAN ROUSSEAU/HE CANADIAN PRESS

POLITICS

Clement rejects values testing

Conservative leadership candidate Tony Clement says he will propose enhanced security screening for immigrants — but not a values test — as part of a broader plan for countering the threat of terrorism.

"If we can give our security personnel the right tools to identify potential threats to our country, then I believe that is exactly what we should be doing and quite frankly, that is where the threat is," Clement said Thursday as he shared part of the national security platform he plans to unveil in greater detail next week.

The Ontario MP and former

cabinet minister initially declined to get into the debate over a proposal from leadership rival Kellie Leitch to vet immigrants and refugees for their views on what she calls anti-Canadian values.

But with discussion over the Leitch proposal still dominating the otherwise sleepy leadership campaign and other candidates speaking up, Clement said Thursday he decided to comment to keep the issue from overshadowing his policy announcement next week.

Clement said Leitch's "trial balloon" is not the right approach. THE CANADIAN PRESS

IN BRIEF

Canadian swims Channel

A 30-year-old Toronto man has become the latest Canadian to successfully complete a solo swim across the English Channel. Samuel Bail finished the roughly 32-kilometre swim on Tuesday, taking 15 hours and 25 minutes to swim the distance between England and France. THE CANADIAN PRESS

Lavalin cops to improper election donations

SNC-Lavalin has entered into a compliance agreement with the federal elections commissioner detailing almost \$118,000 in donations to the Liberal and Conservative parties through company employees or their spouses. THE CANADIAN PRESS

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GUN VIOLENCE

Texas teen dead after shooting student

A 14-year-old girl died of an apparent self-inflicted gunshot wound Thursday after shooting and injuring another female student inside a high school in West Texas, according to the local sheriff.

Authorities did not release a possible motive for the gunfire that erupted shortly before 9 a.m. at Alpine High School in Alpine, a town of 5,900 about 220 miles southeast of El Paso. The shooting was followed by a series of unrelated threats made by a male caller that added to the chaos of the morning and diverted law enforcement

from the high school.

"That's ridiculous for someone to call in something like this when we've got this situation going on," Brewster County Sheriff Ronny Dodson told radio station KVLF.

The sheriff said the family of the girl who died had moved to the Alpine area about six months ago. She was a freshman at the school.

Dodson said the injured student ran outside seeking help and was taken to a hospital with injuries that weren't considered life threatening.

THE ASSOCIATED PRESS

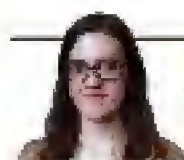


People gather near the Alpine High School after a shooting, in Alpine, Texas, Thursday. THE ASSOCIATED PRESS

Clinton opens up about aloof persona

U.S. POLITICS

In interview, nominee recalls some formative experience



Rebecca Williams
Metro | Toronto

Hillary Clinton spoke openly in a new interview published by Humans of New York Thursday.

The Democratic presidential nominee retold a story about taking a law admissions test at Harvard and having to endure heckling by her male counterparts.

"My friend and I were some of the only women in the room. I was feeling nervous," she says. "And while we're waiting for the exam to start, a group of men began to yell at us ... it turned into a real 'pile on.' One

of them even said: 'If you take my spot, I'll get drafted, and I'll go to Vietnam, and I'll die.'"

Clinton went on to perhaps challenge some of her critics head-on concerning her "aloofness."

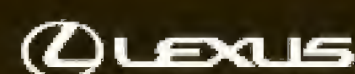
"But I had to learn as a young woman to control my emotions ... And sometimes I think I come across more in the 'walled-off' arena. And if I create that perception, then I take responsibility."

The nominee's open comments about the balance between needing to "protect yourself" while not wanting to "seem 'walled off'" struck a chord with some women online.

"Women all over the world know this as fact, all too much. Be quiet, but not too quiet. Be smart, but not too smart ... it goes on and on," wrote a woman by the name of Michelle Jenkins in one of the top comments on the Humans of New York's Facebook post of the interview.



Hillary Clinton greets supporters Thursday at a campaign event in Charlotte, N.C. THE ASSOCIATED PRESS



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Weekend, September 9-11, 2016 13

Canadians to pay more for iPhone 7

TECHNOLOGY

Price is about 8 per cent higher than south of border

Even after allowing for currency exchange, Canadians will pay more than their American neighbours for the latest iteration of the iPhone.

The differential on top of an adjustment for the strong U.S. dollar adds about eight per cent to the list price of the just-announced iPhone 7 series — without a contract and depending on the handset's size and storage capacity, said Sentry Investments vice-president Andy Nasr.

That calculation is for an iPhone 7, which is largely similar to the iPhone 6, although it boasts improved camera function, better sound, greater water and dust resistance and a longer battery life. The phone starts at \$899 Cdn and

APPLE BETTING ON WIRELESS WORLD

Apple wants to push users further into a wireless world. Its tactics: eliminate the headphone jack and market "AirPods" — wireless earbuds that it claims are better than Bluetooth.

AirPod angst: Analysts say Apple used a smooth-surfaced design that doesn't conform to the shape of the ear, and note

that having AirPods fall out while running or biking "is less forgivable at the \$159 cost level."

New direction: Analysts say Apple wants to promote its own brand of wireless listening gear since the market for such accessories is growing at a time when iPhones sales are slowing. THE ASSOCIATED PRESS

\$649 US, with preorders beginning Friday.

With the U.S. dollar worth about \$1.29 Cdn, that \$649 south of the border translates into about \$839 here.

Nasr said that iPhone 7 prices may have been set when the loonie was worth less than it is today.

Apple reserves the right to adjust pricing when it launches the iPhone 7S, likely in mid-2017. And customers in Canada

can receive a rebate of up to \$325 on their legacy smartphones if they exchange the handset for an iPhone 7 or 7 Plus at an Apple retail outlet.

Some analysts said buyers should hold off on a new iPhone until 2017 when Apple will likely unveil a more radically re-engineered, possibly all glass iPhone 8 to mark the tenth anniversary of the popular consumer device. TORSTAR NEWS SERVICE



Airbnb co-founder and CEO Brian Chesky, in a message on the vacation rental website's blog, apologized for being "slow to address" racism problems. THE ASSOCIATED PRESS FILE

RACISM COMPLAINTS

Airbnb says changes coming

Airbnb on Thursday apologized for its slow response to accusations of racism and outlined new policies to combat the problem, including reducing the prominence of photos in the booking process.

The company also plans to automatically block future reservations for dates where a host has told someone that a property was unavailable.

Numerous anecdotes on social media with the hashtag #AirbnbWhileBlack recounted incidents in which African-American guests were told listings were unavailable for the dates they wanted, only to see those same listings re-advertised later for the same dates.

"We have been slow to address these problems, and for this I am sorry," said Airbnb co-

founder and CEO Brian Chesky in a message published on the vacation rental website's blog.

Airbnb did not bow to critics' requests that they remove profile photos entirely so that hosts can't reject guests based on appearance, saying photos are an important security feature so hosts can recognize guests when they check in. THE ASSOCIATED PRESS

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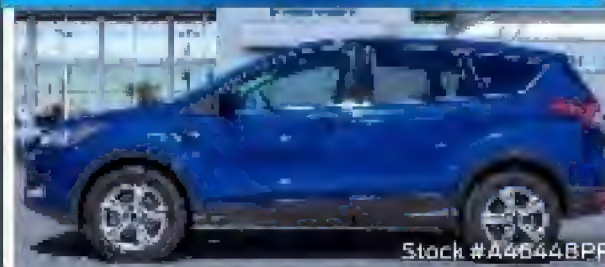


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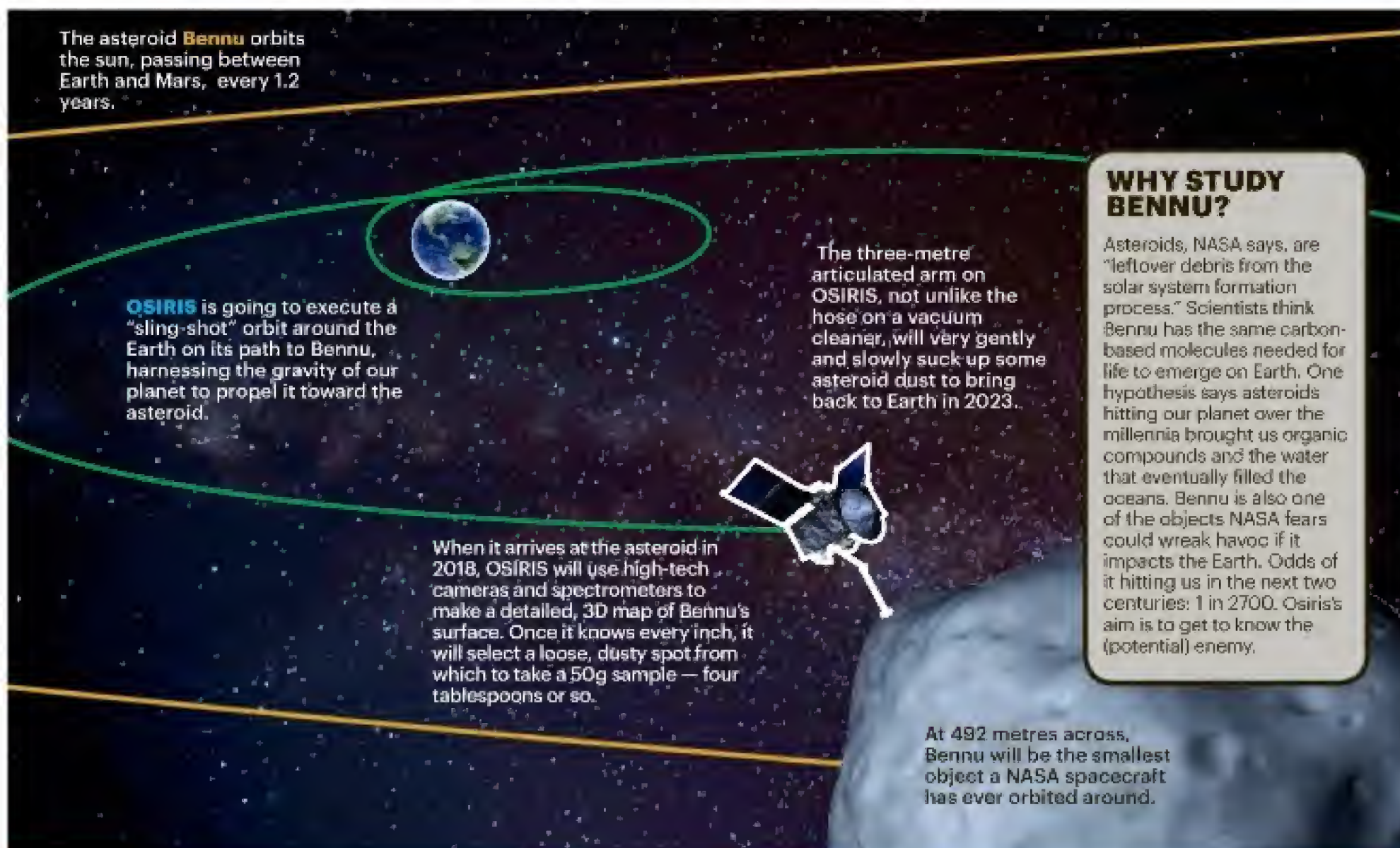
Your essential daily news

Baby booze: The more advertising teens see for particular alcohol brands, the more they drink — of those brands, and alcohol overall

DECODED by Genna Buck and Andrés Plana

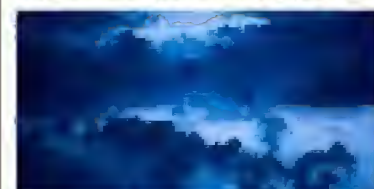
LET'S GO CATCH AN ASTEROID

NASA's **Origins, Spectral Interpretation, Resource Identification, Security-Regolith Explorer (OSIRIS-REX)** blasted off yesterday, hurtling to the asteroid Benu. If it succeeds in its mission to bring home a piece, this will be the first asteroid sample ever collected, and the largest souvenir taken home from space since the days of the moon missions.



FINDINGS

Your week in science



LIANA JOSEPH

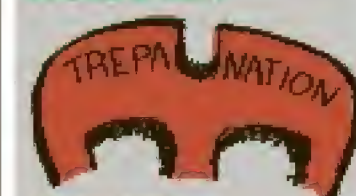
THAT'S WILD

In the past 20 years, a tenth of the world's unspoiled wilderness has been lost, according to a new study in the journal *Current Biology*. That's equal to the size of Alaska, The Amazon and central Africa saw the most devastation.

DON'T FORGET IT

A review in the journal *Nature* found yes, there does seem to be a higher risk of Alzheimer's disease among people who are regularly exposed to low doses of pesticides over a long periods — especially if they handle them at work.

SOUND SMART



DEFINITION

Trepanation is punching a hole in the skull, either for a medical reason or alleged spiritual enlightenment (do NOT try this at home!). A new study shows modern **trepanation**, craniotomy, a good treatment for severe, traumatic brain injury.

USE IT IN A SENTENCE

Deborah got all excited by videos of at-home **trepanation** on YouTube, but we stopped her before she could drill a hole in her head.



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The Wild Life, opening this weekend, is the latest animated film to tell a story from the point of view of animals. CONTRIBUTED

Talking animals rule the theatre

ANALYSIS

Studios try to make bank on humanizing our furry pals

Richard Crouse
For Metro Canada



Broad vocabulary, grammar and syntax are the domain of humans, but science tells us millions of species communicate by using body language and intuitive calls. Chimps can be taught to sign simple phrases and elephants have individual sounds to signify danger and

emotions, but complex storytelling is left to us humans.

Unless you're at the movies. This year, theatres have been overrun by hordes of anthropomorphic animals. From Zootopia and Nine Lives to The Secret Lives of Pets and The Jungle Book, animals have been talking up a storm.

This weekend *The Wild Life* becomes the latest animated film to tell a story from the point of view of wildlife. A riff on Daniel Defoe's classic tale of survival, *Robinson Crusoe*, the film's narrator is a bright red parrot named Mak (David Howard).

In this version, Crusoe crash lands on an island where animals rule and must work with the chatty Mak, a tapir named

MOVIE RATINGS by Richard Crouse

Sully ★★★
The Wild Life ★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Rosie and Kiki the kingfisher to save their home from an invasion by some savage felines.

Disney has the grandest tradition of talking animals — Mickey Mouse to *The Little Mermaid*'s Sebastian the Crab and Jiminy Cricket to name just a few — but they are not the only ones putting words into our pet's mouths.

Flushed Away comes from Aardman, the animation com-

pany behind Wallace and Gromit.

The story of an upper class pet mouse flushed down the loo by a bullying rat features great animation, an all-star British voice cast and something that all kids love — toilet humour. It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's *Metamorphosis* — with

potty humour that'll appeal to the kids.

G-Force's talking crime fighting guinea pigs come courtesy of uber-producer Jerry Bruckheimer. The voice cast includes not one, but two Oscar winners, which may be an indication that the recession has finally taken root in Hollywood.

When the best gig Penelope Cruz can get involves saying lines like "Oh, I have to save his fur again?" you know times are tight for A-listers.

Pixar's *Ratatouille* is an unusual cross between America's *Next Top Chef* and Willard. Remy (voiced by Patton Oswalt) is a sophisticated rodent with a highly developed sense of smell and a wicked sense of humour.

While his rat brothers and

sisters are happy to simply survive by scavenging through the garbage, Remy aspires to culinary greatness. *Ratatouille* does something no other film has been able to — not that a lot of have tried — it makes rats cute, lovable even.

On the live action front, Zookeeper, or as any Kevin James movie could be called, "Fat Guy Falling Down... A Lot," plays like Dr. Doolittle if Dr. Doolittle was a romantic comedy for kids. Luckily the animals come to the rescue. Luckily the monkey from *The Hangover 2* has some of the film's best lines. Adam Sandler provides the monkey voice, but also listens for the beastly vocal work of Cher, Nick Nolte, Don Rickles and Sylvester Stallone.

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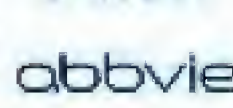
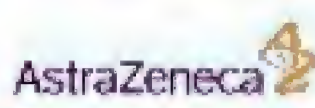


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Son of Spock boldly goes back into a troubled past

INTERVIEW

Adam Nimoy delves into life with the man behind the ears

Steve Gow
For Metro Canada



The son of Star Trek legend Leonard Nimoy remembers the first time he realized just how famous his father actually was.

Adam Nimoy was much younger then, and even though he also loved a new TV show called Star Trek, the son of Spock wasn't prepared for the barrage of fans that accosted the pair during a family visit to a West Los Angeles carnival.

"We were mobbed and had to leave immediately, it was really a weird scene," said Nimoy while promoting his film For The Love of Spock. "That was when I realized that things had changed forever — that we



Leonard Nimoy's wild fame led to many struggles for his son Adam, with whom he had a complex relationship. CONTRIBUTED

were no longer experiencing the same lives we'd been leading."

For the actor's son, it also meant a lifelong struggle with his complex relationship to the man behind the pointy-eared Vulcan who has been part of the zeitgeist for 50 years.

Originally envisaged as a tribute to the character of Spock, the film quickly became an exploration of the father-son relationship after Leonard's death.

"He had great humility — he wanted it to be focused primarily

about Spock, not on the brilliant career of Leonard Nimoy," recalled the 60-year-old filmmaker. "(But) after he died, it became clear that so many people were affected by my dad's career and who he was as a human being that we needed to include his life and legacy as well."

As such, Nimoy interviewed such series' luminaries as William Shatner and Trek revivalist J.J. Abrams to discuss their memories even as he explores his own discordant relationship

with his famous father.

Still, as contentious as the Nimoy's youthful relationship was, Adam was always an admirer of Mr. Spock.

Ironically, it was this experience of fighting with fans for the affections of his own father that perhaps made him relate most to the character.

"This idea of being an outsider seems to be the number one reason why Spock has resonated with so many people," said Nimoy. "There are a lot of great documentary filmmakers out there who could've done a great job on Mr. Spock and Leonard Nimoy but no one could've told my perspective, my particular unique story."

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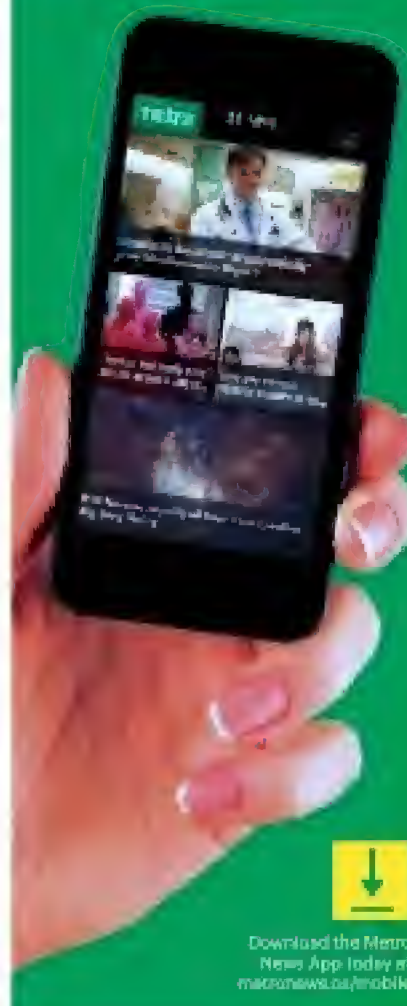
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Man behind biopic weighs in on Sully

SULLY SULLENBERGER

Retired pilot relives Miracle on the Hudson on big screen

Richard Crouse

For Metro Canada



On January 15, 2009, Sully Sullenberger was an airplane captain with 42 years of experience piloting a plane on a routine run from New York's LaGuardia Airport to a stopover at Charlotte Douglas International Airport. The next day he was a worldwide hero; an instant celebrity.

Shortly after takeoff his plane was disabled by a flock of Canadian Geese who flew into the engines, knocking out the plane's navigating system. In just under four minutes Sullenberger assessed the situation and, realizing there was no time to turn back, made the decision to land the craft on the Hudson River. The risky landing was successful and all 155 passengers and crew survived with only minor injuries.



Tom Hanks portrays the former U.S. Airways captain in Clint Eastwood's latest directorial offering. HANDOUT/TORSTAR NEWS SERVICE

To this day the now-retired pilot says that when he flies "other passengers often tell me, 'I feel so much safer now that you're on the airplane with us.' I'm not quite sure why they do, but I'm just glad they do."

The Miracle on the Hudson, as the New York press dubbed it, is now the subject of Sully, a

biopic from director Clint Eastwood and star Tom Hanks.

"Watching the film, especially in the IMAX format makes you feel like you're on that flight with us," Sullenberger said, though it thankfully doesn't bring back the anxiety of the day for him.

"Enough time has passed, and I've had enough time to process

this and make it a part of me and not something that just happened to me," he said. "I don't have quite the same emotions I had during that day, that flight, but the very first time I saw this film with my family it was a very emotional experience for all of us. The second time... I was able to take it in as more of a usual

movie-going experience and see some of the things I wasn't able to see the first time."

As for having Oscar winner Hanks portray him, Sullenberger said the two "talked in some detail about the script and the obligation (Hanks) felt to get it right because after the film was completed I would be going


back to living my life and would have to live with however he portrayed me on screen."

Now that the movie is complete, he added that "it is a weird experience to see someone else onscreen portraying you and speaking words you actually spoke."

Sullenberger's story doesn't end with the landing. In the years since he has been named one of Time magazine's 100 Most Influential Heroes and Icons, written bestselling books and become a spokesman for St. Jude Children's Research Hospital. It's a whirlwind that changed his life forever.

"My family and I think of this story in two phases. There was the trauma of that flight itself — and then the trauma of suddenly becoming a world recognized public figure," he said. "Within a few months we had received 50,000 communications. Emails, letters, requests. The press was camped outside our house for 10 days. It was just overwhelming. It very quickly required finding a new way of living this life as public figures."

"We had to become more complete versions of ourselves to be able to do that."



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COLUMN

Wear white after Labour Day, you rebel

Lauren Pelley
Torstar News Service

On Tuesday morning, the day after Labour Day, I rifled through my drawers for something cool to wear in the stifling September heat.

I settled on white jeans.

Makes sense, doesn't it? The nearly 30 degree temperatures this week in Toronto have been overwhelming. And from a calendar perspective, the seasons don't change until after the Fall Equinox on Sept. 22.

But, as I slid on my snow-white denim, I heard an unidentifiable woman's voice in my head screech "Don't wear white after Labour Day!"

Is it my mother's voice or that of my style-savvy departed grandmother? I don't think so. Is it a proclamation from a '90s women's magazine or local news segment? Quite possibly. Or, perhaps, it was just some cliché that's been tossed around in conversations long

enough to become ingrained in my head.

Wearing white after this arbitrary date seems, then, a mild but delightful act of rebellion. A middle finger to social norms, a casting aside of a time-honoured tradition — and an acknowledgement that this no-white custom is silly and classist in the first place.

In early 1900s America, the summer season ended with Labour Day, according to the etiquette experts of the Emily Post Institute. "Society flocked en masse" from their city homes to seaside cottages or mountain cabins, and swapped formal attire for lighter, white summer outfits. When summer ended, the wardrobes were swapped yet again. "It was an age when there was a dress code for practically every occasion, and the signal to mark the change between summer resort clothes and clothing worn for the rest of the year was encapsulated in the dictum 'No white after Labor (sic) Day,'" reads an advice page on the Institute's website.

"Society," of course, can be read as the upper echelons of society, a leisure class that could afford seasonal wardrobes and gallivant between their summer and winter homes.

These days, magazines are shifting gears — "Of course you can wear white after Labour Day," Chatelaine proclaimed just this week — and plenty of men and women have long scoffed at the notion of ditching their lighter wardrobe staples in the fall because some elitists said so a century ago.

It's just one of many fashion "rules" slowly fading away. Modern stylists and fashion writers talk about ways to wear brown and black together, or navy and black, or whatever other colours have long been deemed taboo.

Still, you may hear someone scoff at your white jeans in September, citing that century-old Labour Day dictum, and not realizing where it comes from.

To that, I say: Rules — particularly the dumb ones — are made to be broken.



This model at New York Fashion Week rocks white after Labour Day. GETTY IMAGES

Kendall, Kylie channel that Yeezy style swagger

INTERVIEW

Sisters say they're more confident at NY Fashion Week

It was quite the family fashion day for Kendall and Kylie Jenner, who came straight from brother-in-law Kanye West's Yeezy show on Roosevelt Island off Manhattan on Wednesday to their own party celebrating their fashion label, KENDALL + KYLIE.

The fashionista sisters (and reality TV stars) said they were gradually becoming more confident designers with each new collection.

"I think that every season we get more and more comfortable," said Kendall, 20, who as a model is a frequent presence on top-designer runways at Fashion Week. "It's super-awesome. The line grows with us."

Added Kylie, 19, also expected to be hitting the runway this week: "We've learned how to work with each other better."

I mean, everything down to certain fabrics and patterns. We definitely learned a lot."

The sisters said they've benefited from appearing as models for designers they admire.

"I think it's cool to be able to see both sides," Kendall said.

"I get to see the designers that I work with who are obviously on a much higher level than our brand at the moment."

"It's cool to see their process and what they have to go through behind the scenes, because it's kind of a goal to set and somewhere that I would like to be one day."

At the party, in the multi-tiered, technology-heavy Samsung 837 venue in downtown Manhattan, guests sipped cocktails and munched on hors d'oeuvres as they exam-



From left, Kendall Jenner, Kim Kardashian and Kylie Jenner attend the Kanye West Yeezy Season 4 fashion show earlier this week in New York City. GETTY IMAGES

ined the new collection — heavy on leather, both black and white.

Spray-paint artist Malcom Stuart was on hand to decorate T-shirts with his own custom emojis.

One could also get a leath-

er backpack monogrammed on the spot.

Many in the crowd had just spent the afternoon in the hot sun at West's marathon, al fresco Yeezy show for Adidas.

The Jenner sisters were

full of praise.

"It was so awesome," said Kylie.

"I love watching his stuff. He's a genius and just seeing his work come to life, it's really cool."

THE ASSOCIATED PRESS

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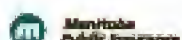
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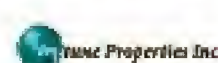
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BRITISH COLUMBIA

Charming, quaint, Gibsons also a magnet for art lovers

Howe Sound is glass-still on the voyage from Gibsons Landing to Keats Island, save for the odd motorboat wake jostling the kayak.

The peace is also broken momentarily as a seal bursts out of the water, letting out a hearty snort before it dives back beneath the surface.

Gibsons is a quaint and colourful town at the southern end of British Columbia's Sunshine Coast, a 180-kilometre stretch of picturesque oceanside communities and jagged coastline along the Strait of Georgia.

Many visitors to Gibsons get a kick out of the numerous nods to the long-running Canadian sitcom *The Beachcombers*, which was filmed in the town and ran from 1972 to 1990.

The *Persephone*, the tug piloted in the show by log salvager Nick Adonidas (played by Bruno Gerussi), sits on a prominent street corner in the centre of town, right by Molly's Reach, the cafe where much of the action took place.

"Someone gets their picture taken every day in front of Molly's Reach," says bed-and-breakfast owner Celia Robben, who heads up Sunshine Coast Tourism.

"To a specific demographic, it's definitely a draw... If you're under 30, you don't have a clue."

Most visitors arrive at the Sunshine Coast via ferry from Vancouver's Horseshoe Bay. The northern part of the Sunshine Coast can also be accessed by ferry from Comox, on Vancouver Island.

Robben estimates up to half a million visitors come to the region every year, though the summer is by far the busiest time. The permanent population is only about a tenth of that.

"We're very much a cottage country for Vancouver and the Lower Mainland," she says.

Robben and her husband moved to Gibsons about a decade ago from Houston to open their B&B, *Arcturus Retreats*. She recalls making the decision while on a ski vacation in Whistler.

"As we were driving up the Sea-to-Sky (Highway), we were looking over at the Sunshine

Good day, Sunshine



Gibsons is located on the southern end of B.C.'s Sunshine Coast, and gets half a million visitors a year. ISTOCK



We're very much a cottage country for Vancouver and the Lower Mainland

Celia Robben, bed and breakfast owner

Coast, seeing our future home at a distance," she says. That was in February.

"By July, we were house-hunting."

Outdoor activities are a big draw, says Robben. In a climate where temperatures rarely dip below 0 C, kayaking, mountain biking and hiking can be done year-round.

In the winter, there's also cross-country skiing and snowshoeing on Dakota Ridge - a quiet alternative to packed resorts elsewhere on the West Coast.

"You can come over here and be on the trails on your own," says Robben. For hikers



While millennials will probably not get the reference, Molly's Reach is a popular photo opp for tourists who remember the CBC show *Beachcombers*, which ran from 1972 to 1990.

ISTOCK; INSET HANDOUT

on the Sunshine Coast Trail, warming huts are also available throughout the winter.

In Gibsons, there's a steep

but short hike up Soames Hill that ends with stunning views of the town, Howe Sound and the surrounding mountains.

to the north, with trails of varying lengths and scenic views of waterfalls.

Even farther up the coast is Skookumchuck Narrows Provincial Park, where hikers, if they time it right, can see powerful tidal rapids in action.

The Sunshine Coast is also a magnet for art lovers, Robben says, with painters, potters, jewelry makers and glass blowers setting up shop in the region.

A purple banner outside an artists' studio signifies that the public is welcome to pop in. An "art crawl" is set for Oct. 21-23 along the Sunshine Coast Highway. Last year's event included 125 venues.

The region's tourism website boasts that the area is "home to the highest per capita population of artists and crafters in Canada."

THE CANADIAN PRESS



A gem for locals is Cliff Gilker Park, in Roberts Creek

Retreat in the heat



Visitors walk a labyrinth with the Tucson Mountains and Sonoran Desert in the background in Marana, Ariz.

MARK MITTELSTADT/THE ASSOCIATED PRESS

ARIZONA

Visitors have flocked here for 60 years

The distinct, bell-shaped mountain rising above the Sonoran Desert northwest of Tucson holds a special power, say those who've spent time here — a magnetism that draws you in, sets you apart, even if only momentarily, from a difficult world, and perhaps even heals.

Named Safford Peak by early settlers, this protrusion of rock, scrub and cactus has beckoned visitors for centuries. For nearly 60 years, some of that land has been maintained as a place to hike the desert landscape, meditate, pray or just take time out from life.

That mystique draws many visitors to Sanctuary Cove, a

spiritual retreat on the western edge of Marana, a sprawling Tucson suburb. The property has a guest cottage, a small, modern structure with amazing views across the Tucson Basin from the front and a large patio in back jutting into the mountain desert.

Sanctuary Cove's website describes its mission as "providing a natural place of peace and unspoiled beauty" offering an opportunity to "draw apart" from the intensity of today's hectic lifestyle.

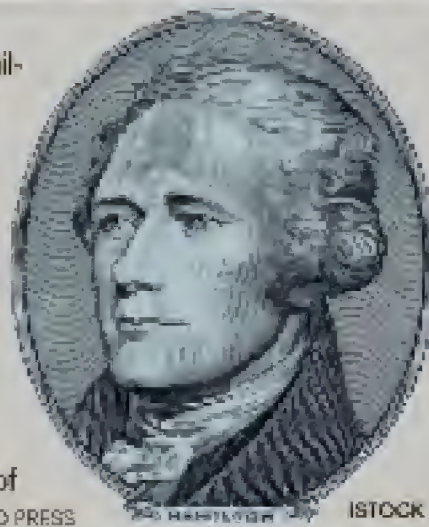
That mission has roots in centuries past, when indigenous tribes were believed to have visited, used and traversed the area. Today the property is operated by All Creeds Brotherhood, a non-profit founded by Elmer Staggs, a First World War veteran who came to Arizona in 1917 to recover from tuberculosis.

THE ASSOCIATED PRESS

TRAVEL NOTES ALEXANDER HAMILTON ARTIFACTS & PRINCE PARK

Americana on display

Items belonging to Alexander Hamilton are now on display among the 18th century military exhibits at Fort Ticonderoga. The rare items include a circa 1790s sword with Hamilton's name on it, his mahogany writing box and an epaulet from his Continental Army uniform. Hamilton, whose life is the subject of a hit Broadway play, never visited Ticonderoga. But his father-in-law, Philip Schuyler of Albany, was in charge of the fort for some time. THE ASSOCIATED PRESS



Wanted: Tour guides, security for Prince's Paisley Park

Paisley Park needs employees to handle the hordes of fans expected to visit Prince's private estate and studio complex in suburban Minneapolis when it opens for public tours. Paisley Park includes the rock star's home and studios where he recorded, produced and mixed most of his biggest hits. THE ASSOCIATED PRESS



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The Jays' hunt for October

The Blue Jays are hoping a return to Rogers Centre will help them bounce back after a three-game sweep in New York knocked Toronto out of first place in the American League East. The division race is the tightest in Major League Baseball with Toronto, Baltimore and New York all within striking distance of first-place Boston. Here's a look at five things to watch as the Blue Jays make their playoff push.

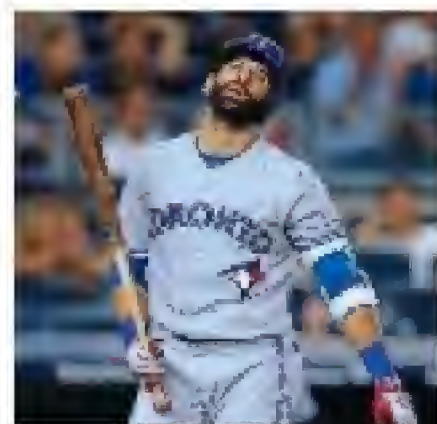
1 Big guns

The Blue Jays have lined up their best starters for a key three-game series with the Boston Red Sox this weekend. Marco Estrada (8-7, 3.56 ERA) gets the nod in Friday night's opener. Left-hander J.A. Happ (17-4, 3.34) will start Saturday and Aaron Sanchez (13-2, 2.92) is on tap Sunday. Toronto — holder of the first AL wild card spot — enters the series in second place in the East, one game behind the Red Sox.



2 Missed opportunities

Toronto had trouble cashing in runners earlier this week in New York. Improvement will be needed this weekend against Boston, a team with arguably the best offence in the major leagues. The Blue Jays cashed in only six of 28 runners in scoring position during the three-game series in the Bronx.



3 September schedule

With the exception of a seven-game West Coast road trip, Toronto will only play East division opponents the rest of the way. The Jays will end the regular season with a three-game set at Fenway Park against the Red Sox. Boston will play all 23 of its remaining games against East opponents while Baltimore will play 17 of its 23 games against division rivals.



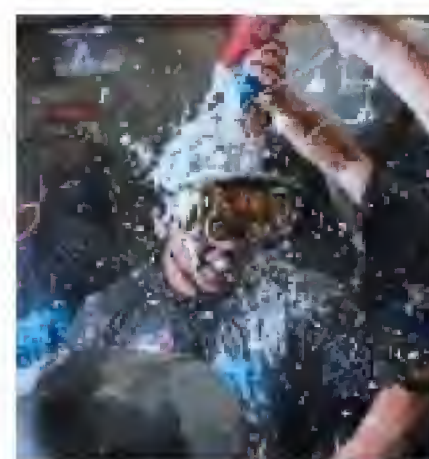
4 Numbers game

It took 93 wins for the Blue Jays to win the East last year and a number close to that will likely be needed to claim the division title this season. To get to 93 victories, the Blue Jays (77-62) would need to close out the campaign on a 16-7 run. However, it's possible that 90 wins could be enough since there are so many intradivision matchups on the schedule.



5 Spoiled September

The 2015 edition of the Blue Jays had a 51-51 record in late July before going 42-18 en route to their first division title since 1993. Former ace David Price left Toronto for Boston as a free agent, stinging many Toronto fans. He'll likely be on the mound in that season-ending series between the Red Sox and Jays.



THE CANADIAN PRESS
PHOTOS BY GETTY IMAGES

WORLD CUP OF HOCKEY

Canada welcomes agitator's grit, goals

Stocked with No. 1 draft picks, Hart, Norris and Vezina Trophy winners, Team Canada has no one else quite like the five-foot-nine feisty ball of energy that is Brad Marchand.

Few in hockey, for that matter, are quite like him.

"Small, slow and ugly?" Tyler Seguin, a former Boston Bruins teammate, said with a chuckle.

"No, there's not many Brad Marchands out there."

Seguin affectionately refers to him as "the rat" but as he points out, the 28-year-old has evolved into something much more than just an agitator.

"He's very good at what he does," Seguin said this week at Canada's camp in preparation for the World Cup of Hockey. "Especially the last few years he's found the right line between getting under other players' skin, but also being disciplined. I think he was trying to figure that out his first year that I was playing with him. And he's really found it now."

A Halifax native, Marchand scored a career-high 37 goals last season, fifth-best in the NHL, right alongside more heralded scorers like Steven Stamkos, Jamie Benn and Corey Perry.

That production, combined with a still feisty brand — he ranked 19th in minor penalties last year despite Seguin's assertions — was enough to earn him a spot with Canada, edging Taylor Hall, a former No. 1 overall pick.

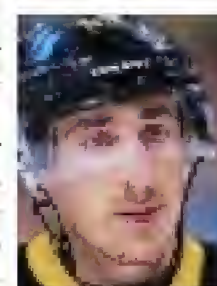
Marchand teared up when Doug Armstrong, Canada's GM, called to tell him he'd made the World Cup squad this summer.

"It was a dream come true and such a big honour," he said. "This is the biggest stage you can play on. You're playing with the best players from the world; it just kind brings you to that next elite level." THE CANADIAN PRESS

“

I was ecstatic to get that call.

Brad Marchand



Brad Marchand
GETTY IMAGES

BASEBALL

Saints shut out Fish to begin series

It's down to just four teams in the American Association playoffs, and the Winnipeg Goldeyes opened their 2016 post-season with a tense 1-0 loss at home to the St. Paul Saints.

Down 1-0, with the bases loaded and two out in the bottom of the ninth, Goldeyes designated hitter Adam Heisler hit into a groundout to end the threat and allow St. Paul to take Game 1 of their best-of-five series.

Winnipeg sent their ace to the hill, as Mikey O'Brien (10-4) allowed a single run off three hits through seven, while Saints all-star Mark Hamberger (12-6) held Winnipeg's batters scoreless through eight innings despite surrendering seven hits.

Winnipeg hosts Game 2 Friday night at Shaw Park, while Games 3, 4, and 5, if necessary, go Saturday through Monday in St. Paul.

DARRIN BAUMING/FOR METRO

U.S. OPEN

Serena upset in semifinals

Serena Williams was upset in the U.S. Open semifinals for the second year in a row, beaten 6-2, 7-6 (5) by 10th-seeded Karolina Pliskova of the Czech Republic on Thursday night.

Williams, who clutched at her left hamstring occasionally in the second set, double-faulted to end it. The loss prevents Williams from earning her seventh championship at Flushing Meadows and 23rd major title overall.

THE ASSOCIATED PRESS

RIO SCANDAL

Lochte forced to forfeit prize money

Ryan Lochte will forfeit \$100,000 and a chance to swim at next year's world championships as part of the penalty for his drunken encounter at a gas station in Brazil during last month's Olympics.

The U.S. Olympic Committee and USA Swimming announced the penalties Thursday. Lochte is banned through the end of June. That means he won't be able to qualify for July's world championships, which normally don't draw top fields in the year

after the Olympics.

Lochte will also get no monthly funding from either the USOC or USA Swimming.

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20

The number of hours in community service Lochte must perform as part of the penalty.

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*IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Guess what? The next 12 months are fabulous for close friendships and relationships. It's the best time to marry in over a decade! Yee-haw!

Taurus April 21 - May 21
Start to look for fabulous opportunities to improve your job or get a better job, because they exist for you in the next 12 months. (Would I kid you?)

Gemini May 22 - June 21
Grab every chance to take a vacation and enjoy the arts, sports, fun times and flirtations in the next 12 months. Plan on lots of vacations in the next year!

Cancer June 22 - July 23
For the next 12 months, you have fabulous opportunities in real estate! If you cannot speculate in real estate, you can at least improve your own home.

Leo July 24 - Aug. 23
Your everyday experiences, encounters and relationships will be super positive in the next year. This blesses all your dealings with relatives, siblings and neighbors.

Virgo Aug. 24 - Sept. 23
Finally, in the year ahead, you will have a chance to make more money. Not only will you boost your income, many of you will make major purchases as well.

Libra Sept. 24 - Oct. 23
Today Lucky Jupiter moves into your sign for the first time since 2005. This brings you great good fortune! Expect sunny days ahead.

Scorpio Oct. 24 - Nov. 22
For the next year, you will be quietly confident, because your focus will be on your inner development. Use this time to plan what you want your future to be all about.

Sagittarius Nov. 23 - Dec. 21
Do not feel worried if you are discouraged today. It's just one of those things. But the truth is, you can see what really is happening. Therefore, do nothing. Be safe.

Capricorn Dec. 22 - Jan. 20
Although you want to travel to expand your world through an increase in learning and knowledge, something is holding you back. The bottom line is that it is self-doubt: Don't listen to this voice.

Aquarius Jan. 21 - Feb. 19
Do not be discouraged if someone older is critical of you. Basically, some kind of misunderstanding is the cause. Do not take it personally.

Pisces Feb. 20 - March 20
This is a poor day to make important decisions or to accept instructions or direction from anyone in a position of authority. Everything is confusing!

CONCEPTIS SUDOKU by Dave Green

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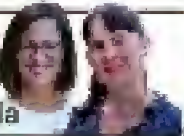
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RECIPE



Ceri Marsh & Laura Keogh
For Metro Canada



If you're looking for a way to switch up your humble grilled cheese then allow us to introduce you to our garlic apple version. You may never just grill a few slices of cheese between bread again.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté till garlic is translucent, about 2 minutes.

2. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean plate.

3. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread.

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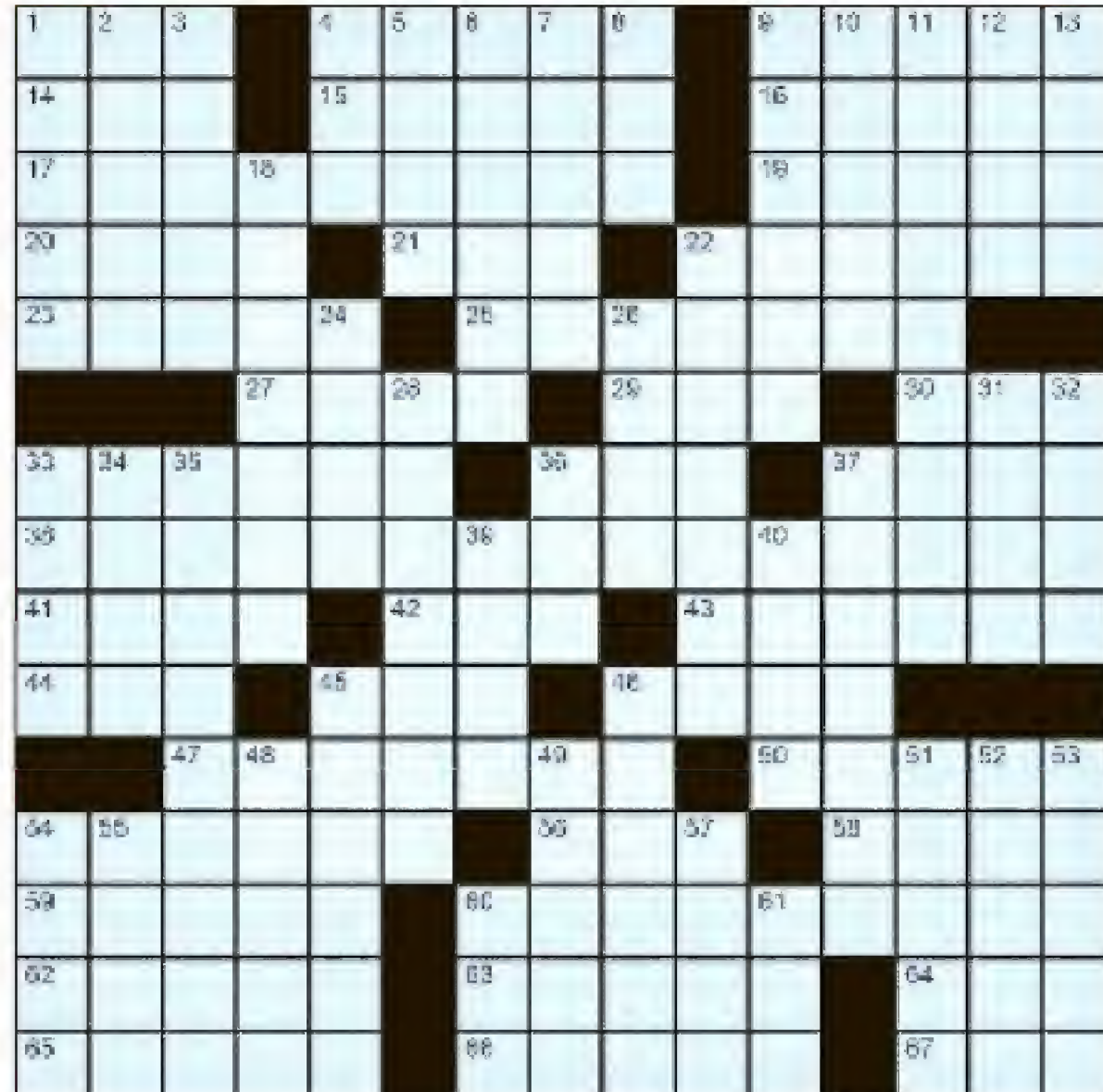
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

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ACROSS

- Personhood proofs, puny-ly
- Michael J., formally: 2 wds.
- ___ salts
- Cacharel perfume
- Henhouse
- Bishop's hat
- In proportion
- Gripes
- British actor Idris
- Quebec-headquartered simulators co.
- Grits debaters in Parliament
- Rips
- Robin aka Dick ___
- Overdue
- 33.3 rpm-ers
- Some univ. degrees
- Tony ___ "Saturday Night Fever" (1977) character
- 23rd Greek letter
- Kiln kind
- September 9th, 2016... Biennial telethon (broadcasting live tonight on networks in Canada and The States) which raises money for research: 4 wds.
- Donate
- These: French
- First Greek letters
- Scottish writer Josephine
- Campaigned
- Drumheller's prov.



- Manitoba's second largest city
- SNI, alum David
- Groups of ships
- Try the a-bit-too-hot soup
- Balanced
- Charter
- Flaunts one's well-known connec-

- tions: 2 wds.
- Outer's opposite
- Imperial decree in tsarist Russia
- Particular pan
- Histories
- Briny
- Farm pen

DOWN

- Map detail
- Alan of Great Big Sea
- Ballroom favourite
- Soldier's food-in-a-pocket (acronym)
- US campus mil. program

- Search, for instance, the forest for food
- Willow's flexible twig
- "Making Plans for Nigel" band
- Make a raised design
- Renaissance painter, ___ della Francesca

- About an hour southeast of Winnipeg, it's Manitoba's third largest city
- Golden ___ (Ornamental pond fish)
- Lidying target
- Ms. Dietrich
- Representative
- Partially-eaten-here-in-a-tin fish...
- Additionally
- Tropical fruit-eating birds
- On the Atlantic
- Gibraltar, et al.
- Ernest G. Bilko's rank (abbr.)
- End in ___ (Draw)
- One would think they would be a sailor's favourite legume: 2 wds.
- Liq. measures
- Where writers will write: 2 wds.
- Remain unsettled
- Hgts.
- Appraisers
- Muppets drummer
- Adjust anew
- Port city of Japan
- Declares
- Terminus
- Laud to the heavens
- Impertinent
- Ms. Home
- Bug
- Greek letters
- Actress Susan

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UNIVERSITY OF MANITOBA

HOMECOMING

-2016-

JOIN US FOR HOMECOMING WEEK

SEPTEMBER 19 – 25

VISIONARY CONVERSATIONS

Wednesday, September 21

Doors open: 6:30 p.m. | Discussion begins: 7 p.m.

Free admission

The award-winning Visionary Conversations series launches with a discussion about moving from theory to action in reconciliation, one year after the opening of the National Centre for Truth and Reconciliation.

NEW THIS YEAR!

QUEERS, CHEERS AND HOMECOMING YEARS: A UMQUEER ALUMNI SOIRÉE

Friday, September 23

7 p.m. – 11 p.m.

Tickets \$25

Join us for the first UMQueer alumni event! Connect with fellow alumni and engage in conversation around LGBTQI* issues and perspectives. The evening will include music, guest speakers, food and drinks.

HOMECOMING FOOTBALL GAME & CELEBRATION

U of M Bisons vs. U of S Huskies

Saturday, September 24

Gates open: 12 p.m. | Kickoff: 1 p.m.

Tickets \$10 in advance

Bring the whole family for fun activities led by Mini U on the concourse. The first 200 fans through the gate will get a special gift. Our Street Team will be there to reward our biggest Bison fans!

HOMECOMING DINNER

Saturday, September 24

Doors open: 6 p.m. | Dinner: 6:30 p.m. – 9 p.m.

Tickets \$75

Reconnect and reminisce about your time at the University of Manitoba with other fellow alumni at a dinner featuring the best of local Manitoba fare.

FACULTY AND REUNION EVENTS

Rediscover your faculty or college at events taking place throughout the week. Find out more online.

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